

JOURNEY THROUGH



GET INTO THE
WORD

GROUPS
DISCUSSION
GUIDE

THE BIBLE TOGETHER

Week of Sunday
January 11, 2026

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Living out our God-given calling as we follow Jesus and make disciples every day.

INTRODUCTION

Exploring the Lord's Prayer in Matthew 6:9 invites us to deepen our connection with God by recognizing Him as our Father, seeking His presence in every aspect of our lives. This guiding passage challenges us to move beyond mechanical recitation and engage in heartfelt, meaningful dialogue with God. As we consider His holiness and our role in honoring His name, our focus shifts to fostering a genuine relationship built on trust and intimacy. Let us seek to align our prayers with this deeper understanding, ensuring our lives reflect His nature and love.

MARCS of a Disciple

COMMUNAL

How can we build each other up through our prayer lives?

DISCUSS & APPLY

Have someone read aloud [Hebrews 4:15-16](#).

- How does Hebrews 4 encourage believers to approach prayer, and what assurances does it offer regarding our communication with God?
- What steps can you take to ensure that your prayers are genuine conversations with God rather than repetitive rituals?
- Reflecting on the idea of God's name being honored as holy, how can you live in a way that reflects His holiness in your interactions and decisions?

RESPOND

As someone growing in faith, how does this example of prayer given by Jesus influence the way you mentor or disciple others to represent God's character in their lives?

28 Days of Prayer
Week 2

How is it possible for us, as sinners, to pray to God? The short answer? It isn't.

God is holy. We are not. On our own, we're unworthy—separated by the weight of our sin and guilt. But here's the truth we find in the Bible: with God, all things are possible.

It's Jesus who makes the way. His sacrifice gives us access to the Father. Because of what He did, we can approach God's throne—not as strangers or outsiders, but as His children.

When we pray in Jesus' name, aligned with His purity and empowered by His Spirit, we're not relying on our own worthiness. We're relying on His. And when we come to God with honest confession, like David did, God's faithfulness meets us there. He doesn't turn us away. He welcomes us in.

Our sins don't disqualify us from prayer; they are the very reason we need it. That's the beauty of grace. It doesn't just forgive us. It invites us into ongoing, authentic conversation with the God of the universe.

That's the purity of prayer.

Here are some questions you can discuss with the whole family.

Matthew 6:8-13

What does the idea of calling God "our Father" in the prayer teach us about what He is like?

For younger children, parents can explain that just like a good dad, God loves and takes care of us. For older children, discuss the idea of a personal relationship with God as a loving Father who is always there for us.

How does knowing that God is close to us, even though He is in heaven, make you feel?

With younger kids, explore how having God near means we don't have to keep secrets, much like they would talk to a family member. For teens, discuss how this could mean they can turn to God in any situation, big or small.

After learning that God wants to hear from us, what are some things you think we should talk to Him about ?

Guide younger children to think of simple things like thanking God or asking for help. Encourage teenagers to consider praying about their dreams, concerns, and seeking guidance on making good choices.

Week 2



Scripture to read as you pray.

Day 8: Psalm 51:9-10

Day 9: John 14:12-14

Day 10: Matthew 6:5-8

Day 11: Exodus 34:1-2,6B-7,20

Day 12: Romans 8:34

Day 13: James 4:6-7

Day 14: 1 John 1:9

Other Resources

Long Hollow Prayer Resources



Find resources for 28 Days of **Prayer from Long Hollow**, like weekly prayer prompts, prayer nights, and the Practice of Prayer.

Logos Factbook on The Lord's Prayer



The **Logos Factbook** on the Lord's Prayer has a variety of resources, biblical connections, and other resources.

WATCH

The Bible Project's Guide - The Lord's Prayer



See a video and a collection of articles to guide you through the **Lord's Prayer**.
(20 min)

LIFE GROUP

We have a variety of resources and are continually adding new ones. Some of our resourced include group launch guides, on-demand training modules, and curriculum resources.

To request a resource reach out to us at groups@longhollow.com



longhollow.com/lifegroups

D-GROUP

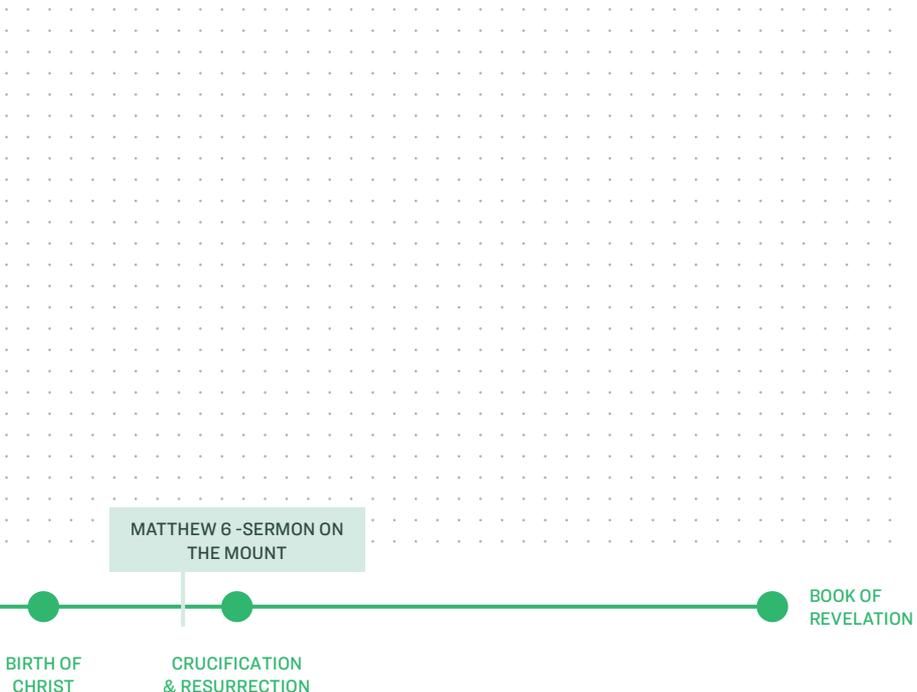
If you or someone you know would like to start a D-group, we have everything you need, including reading plans, journals, and a launch guide to walk you through the first four meetings.



longhollow.com/dgroups

A Bit of Background

The historical context of Matthew 6 is the ancient Jewish world of the first century. During this time, prayer was an essential practice for Jews, often filled with a lot of tradition and sometimes lengthy recitations. The Jewish people believed in the importance of prayer, but it could become a routine, losing personal meaning. Jesus, however, brought a fresh perspective. By encouraging followers to call God "Father," He introduced an intimate way to relate to the divine that was revolutionary. In the past, God was sometimes seen as distant or unapproachable. Meanwhile, surrounding cultures had different practices, such as idols or worshipping many gods. Jesus' teaching stood out for its simplicity and directness. This new approach opened up a relationship with God that was personal and approachable, rather than distant or intimidating. At the same time, Roman rule was pervasive, and daily life under their system was full of challenges. People often looked for hope and guidance. Jesus' prayer was a beacon, offering a way to connect with God genuinely, even in hard times. For early Christians, this was radical, granting access to God without intermediary rituals, and inviting everyone into a family-like relationship with the Creator.



Don't be like them, because your Father knows the things you need before you ask him. "Therefore, you should pray like this: Our Father in heaven, your name be honored as holy. Your kingdom come. Your will be done on earth as it is in heaven. Give us today our daily bread. And forgive us our debts, as we also have forgiven our debtors. And do not bring us into temptation, but deliver us from the evil one."

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Living out our God-given calling as we follow Jesus and make disciples every day.

MISSIONAL

Engaging with the world to share the Gospel intentionally.

ACCOUNTABLE

Being transparent with Christ and other believers about your walk.

REPRODUCIBLE

Disciples who make disciples; the mentee becomes the mentor.

COMMUNAL

Living in deep community with other believers; never alone.

SCRIPTURAL

Grounded in the Word of God as the ultimate authority.



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